

**every tie**  
*reminds us*  
**why**



American  
Heart  
Association®

life is why

**Ready, Set...**

Lace up your sneakers and make a commitment to live healthier by joining us for the annual

## American Heart Association **National Walking Day**

**Location:** Jacome Plaza, 101 N. Stone Ave, Tucson, AZ 85701

*Right in front of the Joel D. Valdez Main Library*

**Date/Time:** Wednesday, April 1

12:00pm: Health Fair begins

12:20pm: Tucson Mayor Jonathan Rothschild and Carondelet cardiologist Dr. William Howe welcome walkers

12:30pm: Start walking

**Event Details:** Bring your colleagues for a one-mile walk around Downtown. Enjoy free, healthy snacks, and learn about heart health and Tucson's best hiking trails.



Locally Sponsored By:



**Carondelet. Be well.**

